



DEPARTMENT OF THE NAVY
OFFICE OF THE SECRETARY
WASHINGTON, D.C. 20350 -1000

SECNAVINST 6420.1D
OP-29
07 April 1986

SECNAV INSTRUCTION 6420.1D

From: Secretary of the Navy

Subj: PHYSICAL REQUIREMENTS FOR NON-SUBMARINE PERSONNEL
EMBARKED IN SUBMARINES

Ref: (a) NAVMED P-117
(b) CPI 339

(R)

- Encl: (1) Physical Qualifications for all Non-Submarine
Personnel Embarking in Submarines, Military
and Civilian Employees as well as Civilian
Non-Governmental Persons
(2) Memorandum of Examination and Review

1. Purpose. To provide physical requirements for non-submarine personnel embarked in submarines, including non-submarine military personnel, all civilians, governmental and contractor employees, and military dependents. It is the intent of these physical requirements to preclude the embarkation of personnel in submarines who are at an increased risk of becoming medical liabilities.

(R)

2. Cancellation. SECNAVINST 6420.1C.

(R)

3. Discussion. The basic physical standards for submarine personnel are specified in reference (a). Since these standards have been formulated for career submarine operational personnel, exceptions are warranted in the case of individuals being embarked for limited periods of time and for the performance of specific duties. In general, consideration must be given to the period of embarkation and the importance of the mission for each trip. Less stringent requirements can be tolerated for short duration cruises where return to port or air evacuation is feasible. Questionable or controversial medical conditions should be interpreted as risks and the individual should not be embarked.

4. Action. The following requirements must be met for cruises of the duration indicated:

a. Cruises of Short Duration

(1) Non-submarine personnel embarked in submarines for cruises of short duration, such as demonstration and familiarization cruises and those concerned with builder's trials and tests of submarine and equipment, are not required to undergo

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- A) a complete physical examination prior to embarkation. However, their health records must be reviewed by a nuclear submarine medicine technician or an undersea medical officer who can certify that the records indicate no condition to preclude embarkation. Individuals without health records must submit a letter report from a personal physician certifying they meet the requirements of enclosure (1) or undergo a physical examination.

(2) If a nuclear submarine medicine technician or undersea medical officer determines that an operationally essential individual requires further evaluation to certify suitability for embarkation, the technician or medical officer will arrange the follow-on evaluation. In the event no local Navy medical facility is staffed with personnel qualified to make the determination, the submarine type commander medical officer may authorize use of any other medical facility (military or civilian) staffed with qualified personnel.

b. Cruises of Long Duration or Forward Deployment

(1) In extended exercises and when a submarine is deployed far from port for long periods of time, it is important that the health of non-submarine personnel to be embarked not abort the mission. To ensure this, the standards must be kept high.

(2) Non-submarine qualified military personnel embarking in submarines for an extended period of time must:

(a) Have had a physical examination within 12 months of the anticipated embarkation date certifying they meet the requirements of enclosure (1).

- R) (b) Have their health record reviewed by an undersea medical officer within one month of embarkation. Enclosure (2) shall be used to document this review. In areas remote from submarine activities, the review may be accomplished by a non-submarine medical officer.

- R) (c) Bring their health record with them upon embarkation. The record will be reviewed by a nuclear submarine medicine technician or an undersea medical officer to determine if any disqualifying conditions exist.

(3) Non-submarine qualified civilian personnel embarking in submarines for an extended period of time must:

(a) Have had a physical examination as required in 4b(2)(a) above.

(b) Have an interview and review of available health record data by an undersea medical officer within one month of embarkation. Enclosure (2) shall be used to document this review.

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(c) Have any available health record data with them upon embarkation. This will be reviewed by a nuclear submarine medicine technician or an undersea medical officer to determine if any disqualifying conditions exist. (R)

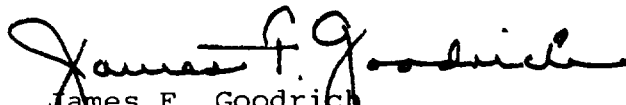
(4) Some individuals might be embarked on several extended cruises within the year following the physical as described in 4b(1) above. Recertification by an undersea medical officer is required as in 4b(2)(b) above if more than six months will have elapsed from the end of one cruise until the start of a follow-on cruise. (R)

c. Others. Those non-submarine personnel being embarked on submarines not covered by subparagraphs 4a and 4b above and who will be embarked for purposes other than those stated must have a certification from a medical officer (an undersea medical officer whenever possible) with enclosure (2) completed and forwarded to the command issuing the individual's travel orders, verifying that the individual has had a physical examination within the previous 12 months and has met the qualifications outlined in enclosure (1). (R)

5. Responsibility. The responsibility for ensuring that each individual to be embarked in submarines for extended periods has received an appropriate physical examination rests with the command issuing the travel orders. Military non-submarine and civilian employees of the government should be examined by the command to which attached prior to commencement of travel to embarkation location. If medical examinations are ordered or offered to civilian employees of the government, the activity must follow procedures established by reference (b). Other civilian or non-governmental personnel should be examined by their company-designated physician or, if that is not appropriate, by their personal physician prior to reporting for embarkation.

6. Exceptions. Circumstances may arise which will require exceptions to be made to the above requirements. In such circumstances, the decision to embark or not embark a given individual will rest with the commanding officer of the submarine. The commanding officer will be guided by the advice and recommendations of the local squadron medical officer. In the event an individual who is at increased risk requires mission essential embarkation, adequate medical care must also be embarked. (R)

7. Report. The report requirement required by this instruction is exempt from reports control by OPNAVINST 5214.7.


James F. Goodrich
Acting Secretary of the Navy

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PHYSICAL QUALIFICATIONS FOR ALL NON-SUBMARINE
PERSONNEL EMBARKING IN SUBMARINES, MILITARY AND
CIVILIAN EMPLOYEES AS WELL AS CIVILIAN
NON-GOVERNMENTAL PERSONS

1. Individuals planning embarkation in submarines must be informed that only limited medical facilities are available on these ships. Even minor chronic conditions which require continuous treatment cannot be allowed. All non-submarine personnel embarking in submarines for extended periods must be informed of the examinations required and the following physical qualifications which must be met:

a. Psychiatric. Each individual who is to be embarked on board a submarine should be seen by either a psychiatrist, clinical psychologist, or an undersea medical officer who will assess the motivation, elicit any fears or anxieties, and determine, if possible, the presence of any claustrophobic tendencies. If a psychiatrist, clinical psychologist, or an undersea medical officer is not available, the examining physician should make the determination. This portion must be completed only at the time of the initial examination. In all questionable cases, an undersea medical officer shall be consulted to make the final recommendation concerning the individual's fitness for submarine embarkation. (R)

b. Vision. Individuals embarked with unaided visual acuity of 20/70 or more in either eye must have at least two pairs of eyeglasses or contact lenses with the proper correction.

c. Nose and Throat. The nares, nasopharynx, and pharynx shall be examined carefully by reflected light. Obstructed breathing due to nasal septal deviation, nasal polyps, chronic sinusitis or hypertrophic tonsils shall disqualify from embarkation. (R)

d. Ears. A thorough otoscopic examination of the auditory canals and tympanic membranes shall be made. Acute or chronic disease of the inner, middle or external ear, or a history of middle ear surgery with insertion of a prosthesis shall be disqualifying. (R)

A history of chronic inability to equalize pressure manifested by repeated aural barotrauma or persistent pain secondary to minute pressure variations; e.g., in aircraft or tunnel, shall be disqualifying.

Auditory acuity shall be sufficient to permit the understanding of ordinary conversational speech. The use of a hearing aid is permissible.

Enclosure (1)

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A history of easy susceptibility to motion-sickness shall be disqualifying.

- R) e. Teeth. Individuals shall have adequate masticatory function for ingestion of the ordinary diet, and be in one of the following dental classes:

(1) Class 1. Individuals requiring no dental treatment.

(2) Class 2. Individuals requiring routine but not early treatment of conditions, such as:

(a) Moderate calculus.

(b) Prosthetic cases.

(c) Caries - not excessive nor advanced.

(d) Periodontal diseases - not extensive or advanced.

- R) f. Respiratory System. Any evidence of chronic inflammatory disease including tuberculosis, sarcoidosis, histoplasmosis, coccidioidomycosis, bronchiectasis, or abscess is disqualifying. Confirmed history of bronchial asthma after age 12, chronic obstructive pulmonary disease, a history of pneumothorax within two years of the date of the examination (one year if due to simple trauma or surgery), or any history of recurrent spontaneous pneumothorax shall be disqualifying.

g. Cardiovascular System. Persistent tachycardia, marked arrhythmia except of the sinus type, or other significant disturbance of heart or vascular system, including a systolic blood pressure over 150 or diastolic over 90, if persistent, shall disqualify. A history of angina, syncope, or previous myocardial infarction is disqualifying.

- R) h. Gastrointestinal System. Individuals with a history of disease such as severe colitis, irritable bowel syndrome, peptic ulcer disease, recurrent or chronic pancreatitis, or chronic diarrhea shall not be embarked unless they have been asymptomatic and on an unrestricted diet without medication during the past two years. A history of gastrointestinal tract perforation or hemorrhage is absolutely disqualifying until the cause has been discovered and corrected. Thereafter a two year asymptomatic period is required.

- D) i. Skin. Any acute or chronic skin disease other than mild localized acne is disqualifying.

- R) j. Skeletal and Extremities. Any disease of bone, joint, or muscle which limits mobility required on board is disqualifying. Chronic symptomatic low back pain is disqualifying. Presence of prostheses, casts, or splints is disqualifying. Chondromalacia patellae or a history thereof within the preceding two years shall be considered disqualifying.

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k. Endocrine Disorders. An endocrine disorder requiring constant treatment shall disqualify. All forms of diabetes mellitus, no matter how mild, shall disqualify.

l. Medication. Individuals who are taking any prescribed medications shall have this information documented for review by an undersea medical officer prior to embarkation. (R)

m. Miscellaneous. All diseases and conditions which require frequent medical attention or tend to physically incapacitate the individual shall preclude embarkation. In questionable cases, the examining medical office is advised to consult with the medical department representative of the submarine concerned or any undersea medical officer for guidance. (R)

MEMORANDUM of Examination and Review

Date

From: _____ (R)
(Examining physician, preferably an undersea medical officer)

To: _____
(Commanding Officer issuing travel orders)

Subj: PHYSICAL QUALIFICATION OF NON-SUBMARINE PERSONNEL EMBARKING
IN SUBMARINES ICO _____

Ref: (a) SECNAVINST 6420.1D (R)

1. The above named individual was examined in accordance with reference (a). (R)

2. At that time, the following criteria were met and a health record review revealed no disqualifying findings. The individual: (R)

a. Is psychologically adaptable to submarine duty, and has no history of drug abuse or alcoholism.

b. Has two pairs of eyeglasses or contact lenses if uncorrected vision is 20/70 or worse in either eye. (R)

c. Has no diseases of the ears, nose, throat, skin, musculoskeletal system, or endocrine systems likely to require treatment or cause disability of any degree while embarked. This includes: perforated tympanic membrane, tonsil disease, prostheses and casts, and diabetes in all forms.

d. Is able to equalize his ears to pressure changes, as evidenced by being able to travel by air, or detect a positive "click" in both ears with the modified valsalva procedure.

e. Has adequate masticatory function to ingest a normal diet, and is in dental class 1 or 2.

f. Has no history of spontaneous pneumothorax or open-chest surgery.

g. Is free of cardiovascular disease, with no history of angina or myocardial infarction. Blood pressure does not persistently exceed 150 systolic or 90 diastolic.

h. Has no history or symptoms of duodenal ulcer, ulcerative colitis, persistent diarrhea or constipation, or other gastrointestinal disease.

Enclosure (2)

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i. Requires no medication(s), the deprivation of which would be detrimental to health. This includes: anti-hypertensives, diuretics, cardiac glycosides, insulin-like compounds, allergy desensitization injections, uricosurics, or steroids.

3. Comments.

Signature